



Spinning provides amazing cardiovascular training that utilizes the large muscle groups of the body. It is a non-impact workout that strengthens joints and ligaments, stabilizes muscles and enhances body alignment. Great for all levels!

Monday - 6:30-7:15pm with Jean

Tuesday - 6:30-7:15pm with Kelly

Thursday - 5:30-6:15pm with Sharon
6:30-7:15pm with Lisa

Friday - 9:30-10:15am with Michelle

Unlimited Monthly Spinning Fee:

Member - \$20/month/individual*

Non-Member - \$30/month/individual*

KidZone is **NOT available with a Spinning Membership. A Recreation Center Full Family Membership must be purchased to include Kid Zone.*

Single Spin Class Fee: \$10/class

(may be applied to Spinning Membership)

Bikes are available on a first come,
first served basis.

For more information about Spinning,
contact Megan at 979-297-4533 or
mmainer@lakejacksontx.gov